



# Understand the Adjustment Period

## Key Takeaways:

- **Adjustment Areas**

Your student is in a brand new environment and it will take time to adjust. They may be navigating changes and facing challenges in several areas, including:

- Academic
- Social
- Emotional
- Cultural
- Financial

- **Semester Outline**

Be aware of the semester structure at your child's school. Certain times of the semester are more challenging. Your student may need to adjust to different routines and form different habits based on where they are in their semester.

- Early weeks set the stage
- Midterms create stress
- Finals can be overwhelming

- **Common Concerns**

Be a good listener in order to find out what concerns your teen has. Some common concerns include:

- Time management
- Making friends
- Balancing school and work

